

JUNE 2014

Postbac eNewsletter

June
2014

It's time for the summer! Stay up to date with this month's newsletter!

June and July 2014 - Upcoming Events

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15th ISSUE OF THE NIDA
POST BAC
eNewsletter!!!

1) PostBac Research Lunch

June 11th 12:00-1:00pm, BRC 3C211 – Presenters will be Ajay Kailas and Tulha Siddiqi.

2) NIDA IRP Seminar

Every Tuesday 11am-12pm, 3C219

3) Career Counseling – Amanda Dumsch

June 19th, 9:00am – 4:00pm, 4C409A - Amanda Dumsch will be taking appointments to talk about plans and ideas for your future endeavors. Here's the link for making an appointment: https://www.training.nih.gov/career_services/appointments.

4) NIDA Appreciation Day and Picnic

June 23th, Centennial Park, Columbia, MD- With an awesome BBQ themed lunch menu and games to play, this picnic isn't one to miss. Make Yogi bear proud and purchase some tickets, but beware the **deadline to get them June 16th**. You may pay by cash or check (made out to Barbara Usher) and sign up with Wendy Marshall or Stephanie Glynn at OSD Suite#04A509.

5) Graduate School Planning and Applying

June 24th 9:00-11:30am, BRC 3C211 – Get information and advice on planning for higher education with Pat Sokolove as your host.

6) Applying to Medical School and MCAT Preparation

June 30th 12:00-1:30pm, BRC 3C219 – Bill Higgins hosts this workshop on how to best prepare for the application process to medical school.

7) Award Winning Posters

July 1st 3:30-4:30pm, BRC 3C219 – Dr. Heishman is at it again, so if you want to be on top of the poster making game attend this workshop.

8) Giving a Great Scientific Talk

July 8th 3:30-4:30pm, BRC 3C219 – Hosted by Dr. Heishman, this workshop is a great learning opportunity for those who are new to public speaking and scientific presentations.

Graduate and Professional School Fair

July 16th 9:00am – 3:00 pm – Natcher Center, Bethesda Campus

Are you intersted in attending graduate or medical school? Want to see what's out there, what opportunities you can choose from? NIH is holding a graduate and professional school fair. You can talk to recruiters and representatives of various schools about what they have to offer. Some booths will even give applications waivers for when you apply. This is a great opportunity to get some more information about your future education. Put the event on your calendar, it's going to great!

This Month – Community Outreach and Professional Opportunities

There are variety of knick-knacks here in this section.

The Magazine Project – Gather new or lightly used magazines to send to our soldiers overseas. The collection box is underneath the e-board on the 3rd floor by the elevators. Our troops overseas greatly appreciate your donations. Contact Miji Um or Mary Pfeiffer for details.

I'M NEW! Helping Up Mission – Want to volunteer your time in the evening to help individuals with computer literacy, resume writing, and GED tutoring. Contact Dr. Heishman if interested, we are looking for volunteers to participate in the program.

Social

Baltimore Postbac Listserv on Google groups – It exists. Contact Vincent Gutierrez or Ben Peterson for access to join. Check it for fun activities going on around Baltimore, and chances to get your party on with other Postbacs from NIDA and NIA.

Professional

Peer Mentoring – 1st Thursday each month; meet in the 5th floor office at 2pm. Come visit this group of peer mentors if you have questions on how to get things done around NIDA. Contact Vani Pariyadath for questions.

[UPDATED] Online Short Courses – [Click Here](#) for SPSS tutorial (Search SPSS in the search bar) ... Check out some of the other emails with links to online courses if you are interested in some outside learning. A membership is required but if you're interested it is \$25 a month for a basic subscription and there are other options available.

Mango Language Learning – Want to learn a new language, maybe brush up on your Spanish. NIH offers the IRP community an opportunity to improve their language skills with this Language learning website. You can even access it on your smartphone or tablet. You only need to register with an NIH computer and then you can access it anywhere! Please contact dnatour@nih.gov for an email of the link.

Physician Shadowing

- 1) Baltimore Rescue Mission** - The Baltimore Rescue Mission medical clinic provides free primary care to homeless men and women in Baltimore. Volunteers have the opportunity to conduct interviews with patients and provide treatment under the guidance of Dr. Jack Dalton. Contact Tulha Siddiqi (Tulha.siddiqi@nih.gov) for more info.
- 2) Dr. Karran Phillips in the Archway Clinic at NIDA**
- 3) Sheppard Pratt Volunteering** – Interested in volunteering in the psychiatric field, you can contact Shannon Walsh, volunteer contact at Sheppard Pratt by phone at (410) 938-4852 with questions.

Spotlight! This month's Postbac Fellows Lunch Presenters...

Tulha Siddiqi – Treatment Section

Sure. My name is Tulha, I work for Dr. Preston's lab at Archway and have been here for about a year. I like candlelight dinners and long walks on the beach.

We are skipping July and August for the Postbac Lunch, stay tuned for who's presenting in September!

Tulha and Ajay are presenting June 11th, check out some info about our fellow colleagues.

Ajay Kailas – Structural Biology Unit

I am a Cornell development sociology major interested in dermatology. Will start medical school in Orlando, FL in August. Outside of NIDA, literally all I do is workout as I aspire to be a bodybuilder.

From the Post-Bac Advisory Board

Here's a recap of some of the ideas that we're working on at the monthly Postbac advisory board meetings (lucky you, you're in the loop now!)

Thanks Dr. Heishman for updating the website. Everyone check it out, and let us know if you have any ideas or issues with the website. He is currently working on Archiving old pamphlets and blurbs for your convenience.

OECD Services

Drs. Heishman and Pfeiffer are glad to review and provide feedback on your CV, resume, personal statement, medical school essays, etc. They can also conduct mock interviews, which is a great way to prepare for upcoming medical or graduate school interviews.

OECD Lending Library

The OECD has a library of GRE and MCAT study materials and books on scientific writing, mentoring, career development, teaching, time management, networking, and careers in science. If you'd like to borrow any of these books, stop by the office or contact Rolanda Morris at x2358 or oeecd@nih.gov.

And as always...

If you have any ideas for something fun (ie. Pipetting contest? Postbac vs. Postdoc desk chair racing? Wetlab wine tasting, let us know and we'll set it up!

Useful Links

NIDA Postbac webpage:

<http://irp.drugabuse.gov/postbac.php>

NIH Postbac webpage:

<https://www.training.nih.gov/trainees/postbacs>

Contacts

1) Dr. Steve Heishman – SHEISH@intra.nida.nih.gov

2) Dr. Mary Pfeiffer - mpfeiffe@intra.nida.nih.gov

3) NIDA Postbac eNewsletter – email Andrew Kesner: andrew.kesner@nih.gov also Dalia Natour: dalia.natour@nih.gov

**PRO TIPS from the
Grammar Gurus**

Grammar Guru will be taking a summer break. See you next time!